1. Which of the following is NOT a potential cause of breathing problems?
2. Asthma
3. Allergic reactions
4. Hypertension
5. Choking

**Hypertension**

#

1. What is the initial step to assist someone experiencing breathing difficulties?
2. Administering pain medication
3. Placing them in the recovery position
4. Ensuring an open airway
5. Giving them water to drink

**Ensuring an open airway**

**#**

1. What is the recommended first aid procedure for a conscious choking adult?
   1. Encouraging them to drink water
   2. Performing abdominal thrusts (Heimlich maneuver
   3. Slapping their back forcefully
   4. Offering them a seat and calming them down

**Performing abdominal thrusts (Heimlich maneuver**

**#**

1. What is the common symptom of a heart attack in both men and women?
   1. Chest pain or discomfort
   2. Nausea or vomiting
   3. Shortness of breath
   4. Dizziness or lightheadedness

**Chest pain or discomfort**

**#**

1. What should you do if you suspect someone is having a heart attack?
   1. Offer them water to drink
   2. Lay them flat on their back
   3. Call emergency services immediately
   4. Apply a heating pad to their chest

**Call emergency services immediately**

**#**

1. Which of the following is a common cause of fainting
   1. High blood sugar
   2. Dehydration
   3. Excessive caffeine intake
   4. Rapid breathing

**Dehydration**

**#**

1. How should you respond to someone who has fainted?
   1. Elevate their legs
   2. Slap their face to wake them up
   3. Give them a drink of water
   4. Leave them alone until they regain consciousness

**Elevate their legs**

**#**

1. What is the most severe allergic reaction called?
   1. Eczema
   2. Anaphylaxis
   3. Rhinitis
   4. Urticarial

**Anaphylaxis**

**#**

1. What is the immediate treatment for anaphylaxis?
   1. Offering them a snack
   2. Administering an antihistamine
   3. Injecting epinephrine (adrenaline)
   4. Applying a cold compress

**Injecting** **epinephrine (adrenaline)**

**#**

1. What are the symptoms of a diabetic coma?
   1. Confusion and weakness
   2. Rapid breathing and chest pain
   3. Nausea and vomiting
   4. Elevated blood sugar levels

**Confusion and weakness**

#

1. What is the acronym used to recognize stroke symptoms?
   1. FAST (Face, Arms, Speech, Time)
   2. CPR (Cardiopulmonary Resuscitation
   3. ABC (Airway, Breathing, Circulation
   4. RICE (Rest, Ice, Compression, Elevation

**FAST (Face, Arms, Speech, Time)**

#

1. What is the main characteristic of shock?
   1. Increased blood pressure
   2. Slow heart rate
   3. Inadequate blood flow to the body's tissues
   4. Excessive sweating

**Inadequate blood flow to the body's tissues**